

## Easter plants

- Easter Lily: Did you know that this plant is poisonous to your cat? Keep away from your pets!



- Tulips and other bulb spring flowers: The bulbs can irritate your fingers. Don't let children eat the bulbs - they can cause stomach upset.



- Lily of the Valley: This beautiful spring plant can cause heart problems if enough is ingested. Beware!

## Easter Egg Dye

- The majority of Easter egg dye contains sodium bicarbonate (baking soda). Small amounts if eaten are not a problem, but supervise your child while he/she decorates. If large amounts are eaten, your child may

need to go to the emergency room. Call your poison center if this happens.

## Chocolate

- Chocolate is harmful to your pet. Do not treat Fido to a chocolate goodie or you may need to take your pet to the animal hospital.

## Raw Eggs

- Be sure to cook eggs fully before decorating. Raw eggs may carry bacteria. If you touch the liquid inside a raw egg, be sure to wash your hands with soap and water.

## Hard Boiled Easter Eggs

- Hard-boiled eggs are cooked food and should not be out of the refrigerator for more than 2 hours.
- After coloring the Easter eggs, put them in the refrigerator.
- Do not cook eggs in an aluminum pot - they can turn black!

## Eggstra questions:

1. Can eggs be frozen?  
Not in their shells.



2. Is there a difference between brown and white eggs?  
No! The breed of hen determines shell color.
3. What are the stringy white pieces in egg whites?  
These rope-like strands of egg white, called *chalazae* serve as an anchor to keep the yolk centered in the thick white.

## Easter grass

- Don't let your pets play with or eat the pretty plastic colored Easter grass. They may choke and need surgery to remove the grass from their stomachs.

## Staphylococcal Food Poisoning

Many foods that are eaten at Easter time may be sources of *Staphylococcal* food poisoning. *Staphylococcus* is a bacterium that will grow on food if it is left at warm temperatures (between 68°F and 112°F) for more than 2 hours. The bacteria can grow in the food and produce a toxin that can make you sick.

- These foods include:
  - ◆ Hard boiled Easter eggs
  - ◆ Baked ham
  - ◆ Roast chicken or turkey
  - ◆ Shrimp
  - ◆ Chicken salad
  - ◆ Potato Salad
  - ◆ Hard-cooked eggs
  - ◆ Processed cheese
  - ◆ Cream fillings for cakes & pastries
  - ◆ Custards
- Symptoms of food poisoning can begin 1-8 hours after eating "toxic" food, usually about 4 hours after the meal. The symptoms can include:
  - ◆ Nausea & vomiting
  - ◆ Diarrhea
  - ◆ Abdominal cramps
  - ◆ Weakness
  - ◆ Chills
  - ◆ Fever
  - ◆ Dehydration
  - ◆ Watery stools with mucous and blood may be seen
- If your child has symptoms past 12 hours, contact your pediatrician right away.

The Rocky Mountain Poison & Drug Center is open 24hrs daily, 365 days a year. There is always a nurse or pharmacist available to provide medical assistance for any poisoning involving yourself or your family.



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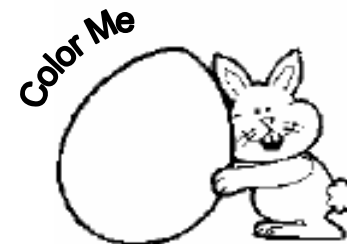
## Easter Hazards

Rocky Mountain Poison  
Center

[www.rmpdc.org](http://www.rmpdc.org)

Easter is a special holiday, but remember that poison prevention needs to be practiced everyday, including holidays.

What could possibly be hazardous about Easter? Find out inside about Easter egg dyes, Easter grass, food poisoning, and hard-boiled eggs!



And remember...

**"Be Smart, Keep Kids and Poisons Apart!"**